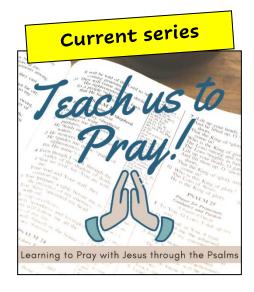




## Sunday 18th October 2020





# What issues was the songwriter experiencing and expressing?



What about you? When have you felt particularly down in your life? Describe what led to it, what was the experience of it, and what effect it had on you? Was it loneliness, pressure or rejection, or something else?

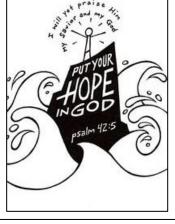


### What did the songwriter do in his struggle?

From the psalmist to Jesus to us...

Teaching about his death (John 12:27)





In the garden of Gethsemane (Matthew 26:38)

### Ways that we can put our hope in God in troubled times:





